

Tomato and Bean Burritos

Makes: 50 or 100 Servings

	50 Servings		100 Servings	
Ingredients	Weight	Measure	Weight	Measure
Vegetable oil		1 cup		2 cup
Tomatoes, fresh, medium diced	25 lb		50 lb	
Onion, diced		6 cup		12 cup
Garlic, minced		2 Tbsp		1/4 cup
Chili powder, ground		2 Tbsp		1/4 cup
Cumin, ground		2 tsp		1 Tbsp + 1 tsp
Red kidney beans, canned, drained and rinsed		1 gal		2 gal
Parsley, dried		2 Tbsp		1/4 cup
Flour tortillas, enriched, 10 inch		50 each		100 each
Mozzarella or cheddar				

Nutrition Information	
Nutrients	Amount
Calories	430
Total Fat	11 g
Saturated Fat	2 g
Cholesterol	5 mg
Sodium	520 mg
Total Carbohydrate	67 g
Dietary Fiber	12 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	16 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

Directions

1. Heat oil in large stockpot, tilt skillet, or steam kettle.
2. Add the tomatoes and onions to the pan. Saute for 15 minutes over medium-high heat, stirring occasionally.
3. Add garlic and spices. Stir well.
4. Add kidney beans and return to simmer. Add dried parsley to mixture. Remove from heat.
5. Preheat tortillas by microwave, 1-2 minutes until warm or wrap tortillas tightly with aluminum foil and heat in 350°F oven for 15 minutes.
6. Once tortillas are warm, place $\frac{3}{4}$ cup of the filling in the center of tortilla.
7. Sprinkle each tortilla with 2 tablespoons shredded cheese and fold one side over the mixture towards the center.
8. Fold the two opposite sides toward the center and then fold onto remaining side to make a burrito.
9. Line burritos up closely onto parchment paper-lined sheet pans and wrap tightly with plastic wrap and then top with foil. To keep burritos soft until served, the pan must be covered tightly.
10. Hold in 200°F oven.
11. Serve one burrito per person.

Notes

Additional Tips

You can find the recipe for 25 servings and family-sized servings [here](#).

Source: NH Obesity Prevention Program, DHHS, DPHS